

## **Claims**

What is claimed is:

- 1     1. A nutritional supplement, comprising:  
2             L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10  
3     grams;  
4             L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams; and  
5             a cortisol suppressant including at least one of acetyl-L-carnitine in an amount of about 1  
6     gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams.
- 1     2. The nutritional supplement of claim 1, wherein the cortisol suppressant includes the acetyl-L-  
2     carnitine.
- 1     3. The nutritional supplement of claim 1, wherein the cortisol suppressant includes the  
2     maltodextrin.
- 1     4. The nutritional supplement of claim 1, wherein the cortisol suppressant includes the acetyl-L-  
2     carnitine and the maltodextrin.
- 1     5. The nutritional supplement of claim 1, further comprising L-leucine in an amount of about

2 500 milligrams to about 10 grams.

1 6. The nutritional supplement of claim 1, further comprising bee pollen in an amount of about 50  
2 milligrams to about 10 grams.

1 7. The nutritional supplement of claim 1, further comprising L-tyrosine in an amount of about  
2 500 milligrams to about 10 grams.

1 8. The nutritional supplement of claim 1, further comprising taurine in an amount of about 500  
2 milligrams to about 10 grams.

1 9. The nutritional supplement of claim 1, further comprising D-ribose in an amount of about 50  
2 milligrams to about 10 grams.

1 10. The nutritional supplement of claim 1, further comprising colostrum in an amount of about  
2 500 milligrams to about 10 grams.

1 11. The nutritional supplement of claim 1, further comprising whey protein in an amount of  
2 about 1 gram to about 20 grams.

1 12. The nutritional supplement of claim 1, further comprising lycopene in an amount of about

2 100 milligrams to about 10 grams.

1 13. The nutritional supplement of claim 1, further comprising glutamine in an amount of about  
2 500 milligrams to about 10 grams.

1 14. The nutritional supplement of claim 1, further comprising macuna pruriens in an amount of  
2 about 50 milligrams to about 5 grams and alpha glycerylphosphorylcholine in an amount of about  
3 50 milligrams to about 5 grams.

1 15. The nutritional supplement of claim 1, wherein the nutritional supplement does not include a  
2 steroid, and wherein the nutritional supplement does not include a hormone.

1 16. The nutritional supplement of claim 1, wherein the nutritional supplement is in a powder  
2 form.

1 17. The nutritional supplement of claim 1, wherein the nutritional supplement is in a tablet form.

1 18. The nutritional supplement of claim 1, wherein the nutritional supplement is in a wafer form.

1 19. The nutritional supplement of claim 1, wherein the nutritional supplement is in a liquid form.

- 1 20. The nutritional supplement of claim 1, wherein the nutritional supplement is in a capsule
- 2 form.

1     21. A nutritional supplement consisting essentially of:

2             L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10  
3     grams;

4             L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams; and

5             a cortisol suppressant including at least one of acetyl-L-carnitine in an amount of about 1  
6     gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams.

1     22. The nutritional supplement of claim 21, wherein the nutritional supplement consists

2     essentially of the L-arginine-2-pyrrolidone-5-carboxylate, the L-lysine hydrochloride, and the  
3     maltodextrin.

1     23. The nutritional supplement of claim 21, wherein the nutritional supplement is in a powder

2     form, and wherein the nutritional supplement consists essentially of the L-arginine-2-

3     pyrrolidone-5-carboxylate in an amount of about 1.5 grams, the L-lysine hydrochloride in an

4     amount of about 1.5 grams, and the maltodextrin in an amount of about 3 grams.

1     24. The nutritional supplement of claim 21, wherein the cortisol suppressant includes the acetyl-

2     L-carnitine.

1     25. The nutritional supplement of claim 21, wherein the cortisol suppressant includes the

2     maltodextrin.

1 26. The nutritional supplement of claim 21, wherein the cortisol suppressant includes the acetyl-  
2 L-carnitine and the maltodextrin.

1 27. The nutritional supplement of claim 21, wherein the nutritional supplement is in a powder  
2 form.

1 28. The nutritional supplement of claim 21, wherein the nutritional supplement is in a tablet  
2 form.

1 29. The nutritional supplement of claim 21, wherein the nutritional supplement is in a wafer  
2 form.

1 30. The nutritional supplement of claim 21, wherein the nutritional supplement is in a liquid  
2 form.

1 31. The nutritional supplement of claim 21, wherein the nutritional supplement is in a capsule  
2 form.

1 32. A nutritional supplement consisting essentially of:

2 L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10  
3 grams;

4 L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams;  
5 a cortisol suppressant including at least one of acetyl-L-carnitine in an amount of about 1  
6 gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams; and  
7 a substance consisting essentially of at least one of:

8 L-leucine in an amount of about 500 milligrams to about 10 grams,  
9 bee pollen in an amount of about 50 milligrams to about 10 grams,  
10 L-tyrosine in an amount of about 500 milligrams to about 10 grams,  
11 taurine in an amount of about 500 milligrams to about 10 grams,  
12 D-ribose in an amount of about 50 milligrams to about 10 grams,  
13 colostrum in an amount of about 50 milligrams to about 10 grams,  
14 whey protein in an amount of about 1 gram to about 20 grams,  
15 lycopene in an amount of about 100 milligrams to about 10 grams,  
16 glutamine in an amount of about 500 milligrams to about 10 grams, and  
17 both macuna pruriens and alpha glycerylphosphorylcholine (GPC), said macuna  
18 pruriens in an amount of about 50 milligrams to about 5 grams, said alpha GPC in an  
19 amount of about 50 milligrams to about 5 grams.

1 33. The nutritional supplement of claim 32, wherein the substance includes the L-leucine.

- 1      34. The nutritional supplement of claim 32, wherein the substance includes the bee pollen.
- 1      35. The nutritional supplement of claim 32, wherein the substance includes the L-tyrosine.
- 1      36. The nutritional supplement of claim 32, wherein the substance includes the taurine.
- 1      37. The nutritional supplement of claim 32, wherein the substance includes the D-ribose.
- 1      38. The nutritional supplement of claim 32, wherein the substance includes the colostrum.
- 1      39. The nutritional supplement of claim 32, wherein the substance includes the whey.
- 1      40. The nutritional supplement of claim 32, wherein the substance includes the lycopene.
- 1      41. The nutritional supplement of claim 32, wherein the substance includes the glutamine.
- 1      42. The nutritional supplement of claim 32, wherein the substance includes the macuna pruriens  
2      and alpha GPC.
- 1      43. The nutritional supplement of claim 32, wherein the substance consists essentially of the L-  
2      leucine.

1 44. The nutritional supplement of claim 32, wherein the substance consists essentially of the bee  
2 pollen.

1 45. The nutritional supplement of claim 32, wherein the substance consists essentially of the L-  
2 tyrosine.

1 46. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 taurine.

1 47. The nutritional supplement of claim 32, wherein the substance consists essentially of the D-  
2 ribose.

1 48. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 colostrum.

1 49. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 whey.

1 50. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 lycopene.

1 51. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 glutamine.

1 52. The nutritional supplement of claim 32, wherein the substance consists essentially of the  
2 macuna pruriens and alpha GPC.

1 53. The nutritional supplement of claim 32, wherein the nutritional supplement is in a powder  
2 form.

1 54. The nutritional supplement of claim 32, wherein the nutritional supplement is in a tablet  
2 form.

1 55. The nutritional supplement of claim 32, wherein the nutritional supplement is in a wafer  
2 form.

1 56. The nutritional supplement of claim 32, wherein the nutritional supplement is in a liquid  
2 form.

1 57. The nutritional supplement of claim 32, wherein the nutritional supplement is in a capsule  
2 form.